

November 28, 2023



Southold Recreation News

Just Added! Morning Stretch with Rachel

Registration Opens Wednesday, November 29 at 10 a.m.



While instructor Grace Rowan is away for the winter, Rachel Thomas will be filling in and run our popular Morning Stretch program.

Improve your body awareness and reinforce healthy movement patterns.

This mixture of exercise consists of low impact flexibility, muscular strength and endurance movements. Emphasis is placed on proper alignment, core strength and muscle balance. A typical stretch includes a number of exercises and stretches with attention to proper breathing techniques and abdominal muscle control.

Participants are asked to bring an exercise mat to class and a small towel and water.

All exercise levels are welcome to join.

Tuesdays, 8:30 a.m. to 9:30 a.m.

February 6, 2024 - March 19, 2024 (no class 2/20)

REGISTRATION OPENS 10 A.M. ON 11/29/23
ON THE PORTAL AND AT THE RECREATION CENTER ON 11/29, 10 A.M.

[CLICK HERE FOR MORE INFO](#)

[Preview Here](#)

Southold Town Recreation Department

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